

SECRET TRIPS

A woman is standing under a waterfall, with water cascading over her. The scene is set at sunset, with the sun low on the horizon, creating a warm, golden glow. In the background, there is a rocky coastline with some buildings and a body of water. The overall mood is serene and relaxing.

ISSUE 07

Our WELLNESS SPECIAL makes a splash with guides to the UK's hottest alfresco saunas, sky-high ALPINE retreats and the world's best yoga spots. PLUS, discover rum, reggae and rock stars in JAMAICA

UK £12
USA \$15





STRETCH OUT

ROUND UP: YOGA RETREATS

Nothing punctuates a hectic year like a perfectly timed yoga retreat. We've rounded up the world's best places to practise your sun salutations – each offering a beautiful setting, nourishing food and a chance to reset

Words NAOMI ANNAND

SWITCH OFF

Bab Zouina

Morocco

It's easy to get a bit nervous about what you're going to find as you drive along the scrubby road from Marrakech that takes you to Bab Zouina (left), but once you arrive it all makes sense. German-Lebanese yogi Karim Zein has created a yogi's oasis in the desert, thick with pomegranate trees and lavender bushes. The place sits at the foot of the Atlas Mountains in the Ourika Valley. Here, you practise yoga in beautiful, high-ceilinged *shalas*. You eat on rooftops under the stars. One path leads to a sun deck and pool. Another to a tennis court and hammam. The rooms are simple but full of lovely personal touches such as the gift bags of homegrown verbena tea. There's an epic listing of retreats all year round, with details of how to book them online. bab-zouina.com

Reclaim Yourself

Norway

From Mallorca to the Galápagos Islands, Jools Sampson is the absolute queen of finding beautiful off-the-beaten-track places to run her high-end Reclaim Yourself retreats. This gorgeous space (right) near the Reinheimen National Park in the remote west of Norway is light-touch luxury immersed in nature. The incredible Modernist buildings are clad in wood, blending seamlessly with the surrounding landscape. Floor-to-ceiling windows look out on dramatic views of fjords rushing between steep mountains, there are hot tubs and a super-contemporary yoga *shala*. The refined Nordic food gets served in a 100-year-old barn that's been brought beautifully up to date. The air might be the cleanest you'll ever breathe. reclaimyourself.co.uk



START THE DAY WITH EARLY MORNING YOGA IN THE STUDIO, SPEND THE AFTERNOON HIKING TO A WILD SWIMMING SPOT AT A NEARBY RIVER, AND ROUND OFF THE EVENING BY A FIREPIT



Soul Farm Mas els Igols

Spain

Soul Farm Mas els Igols (left and right) in the Catalan countryside is a truly magical place. It's run by Iris Tonies, a Dutch ceramicist and one of those rare, radiant people who inspires everyone who meets her. Her farm, 40 minutes from Barcelona in the Penedès wine country, is full of her incredible creations, and guests on yoga retreats get the option to do a ceramics workshop with her in her amazing studio. It's the kind of place where you start the day with early morning yoga in the studio, spend the afternoon hiking to a wild swimming spot at a nearby river, and round off the evening by a firepit after a soothing gong bath. Follow on Instagram (@soulfarm.elsigols) for details about upcoming retreats, and visit the website for more information. elsigols.com

Photographs by Bab Zouinai; Jools Sampson; Mas els Igols; Ananda

Immerse yourself in creativity and calm in the Spanish countryside at Soul Farm Mas els Igols



Tresillian House
UK

Tresillian House (right) in Cornwall is the English country house of my dreams. I’ve been running retreats there for 15 years, and the delightful Victorian manor house has got it all: a snug oak-panelled library, log fires in the sitting room and a huge dining room with an epic table that seats 25 for incredible group dinners. The secluded grounds are full of rare-variety apple trees, and the old apple store has been converted into beautifully appointed bedrooms and a vast yoga space. Hosts Jonny and Alan are charming and endlessly welcoming (as well as being whizzes in the kitchen). It’s a five-minute drive from Watergate Bay, which is one of Britain’s loveliest beaches, and there are loads of great coastal walks nearby for maximising the sea air. tresillianhouse.co.uk



THERE ARE SKILLED YOGA TEACHERS ON HAND, SO YOU CAN JUST PITCH UP AT ANY POINT IN THE YEAR FOR YOUR OWN BESPOKE RETREAT



Ananda in the Himalayas
India

I’d love to pretend they named Ananda in the Himalayas after me, but the truth is that “ananda” in Hindi means “divine bliss”, whereas “Annan” in English means someone from the Scottish border town of Annan. Still, it’s a gorgeous place, housed in an old palace above the city of Rishikesh in the foothills of the Himalayas. There are skilled yoga teachers on hand, so you can just pitch up at any point in the year for your own bespoke retreat and enjoy sunrise meditations and one-to-one yoga classes at an open-sided *shala* in the woods. When you arrive, the team analyse your life-style and tailor an Ayurvedic menu to your personal energetic profile – and the views of the mountains are ridiculous. Be sure to take one of the amazing, guided nature hikes. healingholidays.com; anandaspa.com



Photographs by Tresillian House; Ananda in the Himalayas; Latitude Photography

Opposite the sprawling grounds of Tresillian House. This page practise amid nature's beauty at Ananda in the Himalayas